How do you know someone needs treatment and decide what’s next?

Richard Saitz MD MPH FACP DFASAM
Chair, Department of Community Health Sciences (CHS)
Professor of Community Health Sciences & Medicine
Clinical Addiction Research and Education Unit
Section of General Internal Medicine
Boston Medical Center
Boston University School of Medicine

CHS Mission:
To apply the social and behavioral sciences to enhance the health and well-being of communities and promote health equity

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Not everyone has an alcohol use disorder
How do you know someone needs treatment and decide what’s next?

Unhealthy Alcohol Use

- **Men**: >14 drinks per week, >4 per occasion (5+)
- **Women, ≥65**: >7 drinks per week, >3 per occasion (4+)


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“Do you sometimes drink beer wine or other alcoholic beverages?”

82% sensitive, 79% specific, unhealthy use. More times, more likely moderate to severe disorder


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<table>
<thead>
<tr>
<th>drink</th>
<th>volume</th>
<th>image</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 oz. of beer or cooler</td>
<td>12 oz.</td>
<td><img src="beer.png" alt="image" /></td>
</tr>
<tr>
<td>8–9 oz. of malt liquor</td>
<td>8.5 oz.</td>
<td><img src="malt.png" alt="image" /></td>
</tr>
<tr>
<td>5 oz. of table wine</td>
<td>5 oz.</td>
<td><img src="table.png" alt="image" /></td>
</tr>
<tr>
<td>3–4 oz. of fortified wine</td>
<td>3.5 oz.</td>
<td><img src="fortified.png" alt="image" /></td>
</tr>
<tr>
<td>2–3 oz. of cordial, liqueur, or aperitif</td>
<td>2.5 oz.</td>
<td><img src="aperitif.png" alt="image" /></td>
</tr>
<tr>
<td>1.5 oz. of brandy</td>
<td>1.5 oz.</td>
<td><img src="brandy.png" alt="image" /></td>
</tr>
<tr>
<td>1.5 oz. of spirits</td>
<td>1.5 oz.</td>
<td><img src="spirits.png" alt="image" /></td>
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*Shown straight and in a highball glass with ice to show level before adding mixer.*
Alcohol use disorder (DSM 5)
2 or more; 2-3=mild, 4-5=moderate, 6 or more=severe

In the past year...

1. recurrent use resulting in a failure to fulfill major role obligations at work, school, or home
2. recurrent use in situations in which it is physically hazardous
3. continued use despite having persistent or recurrent social or interpersonal problems
4. tolerance
5. withdrawal
6. use in larger amounts or over a longer period than intended
7. persistent desire or unsuccessful efforts to cut down
8. a great deal of time is spent obtaining alcohol, using it, recovering from it
9. important social, occupational, or recreational activities given up or reduced
10. use despite knowledge of related physical or psychological problem
11. craving

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**Brief counseling:**

**3 THINGS**

1. Feedback*
2. Advice
3. Goal-setting/follow-up

*drinking, screening results, GGT, risky behaviors, consequences

“Is it ok if we talk about your use of alcohol?”

“You are drinking more than is safe for your health.”

“Could I give you some advice? My best medical advice is that you cut down or quit.”

“What do you think? Are you willing to consider making changes?”
How do you know someone needs treatment and decide what’s next?

Treatment

- Primary care
  - Prevention
  - Medications
  - Repeated brief counseling
  - Integrated, coordinated, longitudinal care
- Self and mutual help
- Specialists (addiction medicine, addiction psychiatry)
- Specialty treatment programs
  - Referrals: self, criminal justice, other addiction care providers, doctors/hospitals programs (<7%)
Effectiveness

- Brief counseling reduces self-reported risky use by about 12% and may reduce consequences.

- Treatment reduces consumption and consequences in 2/3rds of those with a disorder and 1/3rd are abstinent or drinking low risk amounts without consequences.

At one year

Jonas 2012; Bertholet; Beich BMJ.
Anon. Journal of Studies on Alcohol 1997;58:7-29,

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SUMMARY

Unhealthy alcohol use includes risky use and disorder

It can be identified by amounts; severity is determined by behaviors and consequences

Brief counseling, especially repeated, can help reduce use

Self/mutual help and attention to comorbidity help

Treatment with medications, behavioral therapies and other specialized services can be effective

All of the above are “needed” or helpful when unhealthy use continues
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rsaitz@bu.edu

@unhealthyalcdrg
@JAM_ASAM

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